

## ABSTRACT OF THE DISCLOSURE

A shock absorbing lanyard is a one-piece webbing. The shock absorbing lanyard has a tubular-shaped high strength outer sheath and a high elongation member inside of the outer sheath. The outer sheath and the high elongation member are  
5 secured together at spaced apart connection locations and the high elongation member is generally not secured to the outer sheath between the connection locations. Heat treatment shrinks the length of the high elongation member. The outer sheath does not substantially shrink from the heat treatment relative to the high elongation member and gathers together in an accordion-like arrangement. A tensile load applied to the  
10 lanyard stretches the high elongation member and unfolds the gathered outer sheath. The high strength outer sheath supports the tensile load when completely unfolded while the high elongation member absorbs energy as it stretches or elongates.